



**For Immediate Release**

**Mailing Date: August 29, 2001**

**Contact: Barbara Woyak, Department of Senior Services, (262) 548 -7848**

### **10<sup>th</sup> Annual Senior Lifestyles Conference**

Waukesha, WIS. – Waukesha County's Department of Senior Services is co-sponsoring its 10<sup>th</sup> Annual Senior Lifestyles Conference with Rogers Memorial Hospital, at the Country Inn Hotel and Convention Center, on Monday, October 22, from 8 a.m. to 2:50 p.m.

Donald L. Kirkpatrick, a local author, speaker and Professor Emeritus at the University of Wisconsin (retired), will give the keynote address entitled "Communicating: How am I doing?"

The conference will feature workshops and exhibits that focus on contemporary issues for area seniors. Attendees may enroll in three workshops from the following list: "The Essentials of Drugs & Herbal Remedies"; "Do You Hear As Well As You Could?"; "Dealing with a Death in the Family"; "Communicating with Grandchildren"; "Exercise"; "It's OK to Talk about Mental Health"; "Local Library Programs"; "Basics of Genealogy"; "Living with Arthritis"; "Basic Estate Planning"; "Birds of Wisconsin"; and "Yoga".

The conference registration fee of \$12 includes all conference activities, morning coffee and rolls, and lunch. The registration deadline is October 8.

For additional information or to register for the conference, please call Waukesha County's Department of Senior Services at (262) 548 -7848.